Positive Thinking

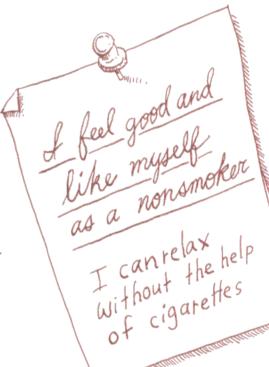


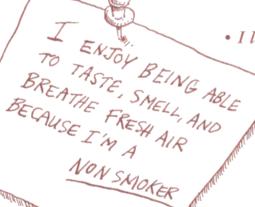
Try repeating some of these statements to help yourself feel good about quitting:



- I don't need to smoke anymore.
- My child is now healthier because I don't smoke.
- I like not spending money on cigarettes.
- I enjoy wearing the clean-smelling clothes of a non-smoker.
- I enjoy riding in the clean-smelling car of a non-smoker.

- As a non-smoker I am setting a positive example for my children.
- I enjoy living in a clean-smelling home now that I'm a non-smoker.
- I am in control as a non-smoker.
- As a non-smoker I am becoming the person I want to be.
- With each breath of clean air, my body is growing bealthier and stronger.





• I look more attractive as a non-smoker.

• I feel much better physically and mentally, now that I'm a non-smoker.

- As a non-smoker I give my body more exercise and my health increases daily.
- I enjoy having more energy now that I'm a non-smoker.